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I want to ~~understand~~ Read Reality –

One of the new visitors to the session was a young American, not more than twenty five or so, with his head shaven, a strapping young man well over six foot tall, and proportionately broad of frame, a thin longish face with chiselled features – and wearing the traditional ochre robes of one of the many religious sects of India.

He said in answer to a query by Shri Maharaj that he was a wandering monk and had travelled over most of Northern India during the last year or two, and had had the usual disciplinary training earlier for about 3 years. To an enquiry by Shri Maharaj whether he had found what he was looking for in his travels he laughed and said that he had started having doubts if he could ever find it by merely wandering about, and, indeed, he had wondered at one stage if he was not walking away from IT!

He had come across a copy of "I Am That" very recently, and had had an unusually sharp sensation of having "arrived" especially when had looked at the printed portrait of Shri Maharaj; and when he had looked into the eyes of Shri Maharaj, he could tear his own eyes off the photograph for a very long time. He felt he had to visit Shri Maharaj and pay his respects and sit at his feet.

Shri Maharaj – What is it that you really want? Are you clear about it? Are you looking for God? What exactly are you looking for?

Visitor – Somehow I have always known – felt deeply – that nothing that life in this world could offer me would satisfy me ~~and that~~ because it was all so transitory, whatever the length of the duration. What exactly do I want? Well I want to ~~understand~~ reach Reality. That is what I want.

Shri Maharaj (chuckling with silent laughter) – If you could only realise how funny that is – "I want to reach Reality." Who is this 'I' who wants to

reach Reality? Is it this body complex, this psycho-somatic apparatus that wants to reach Reality? This 'I' who wants to reach Reality – is it certain that Reality is agreeable to accept him?! Then how will this 'I' "reach" Reality? – By taking a high jump or a long jump? – or perhaps take a rocket and "reach" Reality? Or is it through a mental leap that this Reality is to be reached?! And, finally, what exactly does one mean by 'Reality' that is to be reached?

Visitor – (laughing) – Now that you put it this way, it does seem funny – or, frankly, should I say tragic?

Shri Maharaj – Who is it that listens to these words – funny or tragic?

Visitor – Me – I, the one who is sitting here, I am listening to these words – and saying them too.

Shri Maharaj – The respective senses with the aid of the Prana do the actual work. But is there not something – call it your Presence – without which none of your senses would be able to perceive anything? What is it that gives sentience to a sentient being?

Visitor – Yes. If I were not conscious, my senses would not work.

Shri Maharaj – Understand then, that it is this Conscious Presence that you are, so long as the body is there. Once the body is gone and the vital breath, consciousness within the body will also leave the body. But That – which – is, prior to the appearance of this body – cum – breath – cum consciousness – is absolutely always present. That is what we all are. That is Reality. It is here and now. Where is the question of anyone reaching for it?

Visitor – (after sitting quietly with his eyes closed, for a few moments) – Yes, even this best of desires

is still a desire

Shri Yakaraj – Remember what you were before the birth. In that state, were there any needs, wants, desires? Even the desire for Reality, or freedom, or liberation or what have you? In fact that is your original true state or true nature – a state of wholeness, of holiness. A reflection of that state is consciousness, or I-am-ness or BEING, but the reflection of the Sun is not the Sun. So long as the body exists, the Conscious Presence is what you ARE, not the body which is merely the covering for the consciousness. When the body "dies", the consciousness is released out of the body and you are no longer the Conscious presence, you are in your original absolute Awareness. The relative absence means the absolute Presence without consciousness.

The desire for freedom which arises in the Seeker in the earlier stage gradually disappears when the Seeker realises that he is himself the what he has been seeking. The persistence of the desire implies two 'blocks' – one, it assumes the presence and continuance of an entity wanting Freedom whereas for a phenomenal object there can be no question of freedom because an object does not have any independent existence at all. The persistence of the desire for freedom means the persistence of an illusion; thus this desire is based on the desire to capture Reality at the mind level – it means trying to capture the unknown and unknowable within the limits of the known!

~~Indeed, this is the danger of self-deception in regard to meditation. Meditating~~

Visitor: What sadhana is one to do, then?

Shri Y. – Here again, doing Sadhana means assuming the existence of a phantom. Who is to do Sadhana for what purpose? Is it not enough to see the

false as false?

Once it is understood — or realized, apperceived directly, that an entity is purely a conceptual notion, what remains is merely a re-integration - Yoga - in universality. Nothing remains to be done because there is no one to do it - or, and more important, to abstain from doing it either! What remains is pure non-volitional "being lived" because, ~~what we are~~ relatively, we are only puppets in a dream world being manipulated by the original dreamer, ~~and~~ It ~~only~~ is only for the individual dreamer to awaken from his personal dream!